| month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| frequency | 2 per | 2 per | 1 per | 1 per | 1 per | 1 per | $1 /$ | $1 /$ | $1 /$ | $1 /$ |
| of the | week | week | week | week | week | week | two | two | two | two |
| sessions |  |  |  |  |  |  | weeks | weeks | weeks | weeks |

